


October 2016

Mon	Tue	Wed	Thu	Fri
			Note: Upton's Heritage Day is Saturday, October 1st, 9-2. See newsletter for details. 	
3 1:00 Tai Chi  Roast Pork	4 10:00 Card Players Group 12:30 Wii Games Shepherd's Pie	5 9:00—10:00 Computer Class 9:00 Upton Police 10:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* Bacon Omelet	6 10:00 Knit/Crochet Group 1:00 BINGO Chicken Cacciatore	7 9:00 BVT Salon Appointments 10:30 Blood Pressure 12:30 Afternoon Pumpkin Social  Baked Fish
10 The Center is Closed  COLUMBUS DAY No meals served	11 10:00 Card Players Group 11:30 Lunch Trip to TGI Fridays 12:30 Wii Games  Pot Roast Stew	12 9:00—10:00 Computer Class 9:00 Upton Police 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Shopping Trip* Chicken a La King	13 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner  Meatloaf & Gravy	14 10:30 Blood Pressure 11:30 Representative Muradian's Pasta Lunch  Macaroni & Cheese
17 9:00—10:00 Senator Moore's Office Hours 10:00 Shopping Trip* 12:30 Wellness Talk with Jessica 1:00 Walk in the Park 1:00 Tai Chi Swedish Meatballs 	18 10:00 Card Players Group 12:30 Wii Games Buttermilk Chicken	19 10:00—2:00 Health & Wellness Fair at Upton Town Hall (free van rides) 12:30 Canasta  Pork w/Apples	20 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Salmon Boat	21 10:30 Blood Pressure 12:45 Birthday Bash & Rockin' to the Oldies with the Fantastic "Rockin' Ralph" Fantini!  Beef & Bean Chile
24 10:00 Medicare Presentation by SHINE 12:30 Shopping Trip* 1:00 Tai Chi  Roast Turkey & Gravy	25 10:00 Card Players Group 12:30 Wii Games Pork Rib-i-que	26 9:00—10:00 Computer Class 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta Cracker Crumb Fish	27 9:00 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO Stuffed Shells	28 9:30 Being a Good Ancestor 10:30 Blood Pressure 12:30 Afternoon Movie 5:30 Men's Club Supper Garlic Herbed Chicken 
31 HALLOWEEN 10-12 Early Voting for Election 12:45 Halloween Party  Beef w/Onion				* Please see Newsletter for details on our shopping trips.

October, 2016 — Dates to Remember

Check  here if you plan to attend !*

- Oct. 5 _____ Upton Police, 9:00
- Oct. 5 _____ SHINE appointments, 10:00—12:00
- Oct. 5 _____ Shopping Trip—Market Basket, Hudson, 12:30
- Oct. 7 _____ BVT Salon Visit, 9:00 (Do you need a ride? ____Yes ____ No)
- Oct. 7 _____ Afternoon Pumpkin Social, 12:30
- Oct. 10 _____ COLUMBUS DAY—Center is Closed; no meals served.
- Oct. 11 _____ Lunch Trip to TGI Fridays, 11:30
- Oct. 12 _____ Upton Police, 9:00
- Oct. 12 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:30
- Oct. 13 _____ Friends of Rachel BVT Dinner, 5:00 (Do you need a ride? ____Yes ____No)
- Oct. 14 _____ Representative Muradian's Pasta Lunch, 11:30
- Oct. 17 _____ Senator Moore's Office Hours, 9:00—10:00
- Oct. 17 _____ Shopping Trip—Shaw's/ Walgreens, Milford, 10:00
- Oct. 17 _____ Wellness Talk with Jessica, 12:30
- Oct. 17 _____ Walk in the Park, 1:00
- Oct. 19 _____ Health and Wellness Fair at Upton Town Hall, 10:00—2:00 (Do you need a ride? ____Yes ____No)
- Oct. 20 _____ Shopping Trip—Christmas Tree Shop, Shrewsbury, 9:00
- Oct. 21 _____ Birthday Bash & Rockin' to the Oldies with the Fantastic "Rockin' Ralph" Fantini, 12:45
- Oct. 24 _____ Medicare Presentation by SHINE, 10:00
- Oct. 24 _____ Shopping Trip—Market Basket, Oxford, 12:30
- Oct. 26 _____ Upton Police, 9:00
- Oct. 26 _____ SHINE appointments, 9:00—12:00
- Oct. 27 _____ Shopping Trip—Salvation Army/ Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- Oct. 28 _____ Being a Good Ancestor Presentation, 9:30
- Oct. 28 _____ Afternoon Movie, 12:30
- Oct. 28 _____ Men's Club Supper, 5:30
- Oct. 31 _____ Halloween Party, 12:45

Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).



EASY SIGN-UPS!!

***Turn your sheet in to our office and we'll make a copy and sign you up!**

Your name:

Your Phone Number:



WEEKLY EVENTS AT THE UPTON CENTER

- Every Monday..... Tai Chi (no Tai Chi 10/10 due to holiday or 10/31 due to Halloween Party) 1:00
- Every Tuesday..... Card Players Group 10:00
- Every Tuesday..... Wii Games 12:30
- Every Wednesday Strength & Stretch. (will be held at our Fair at Town Hall on 10/19) 11:00
- Every Wednesday Library Table (will be held at our Fair at Town Hall on 10/19) 11:00
- Every Wednesday Canasta 12:30
- Every Thursday Knit/Crochet Group 10:00
- Every Thursday BINGO 1:00
- Every Friday Blood Pressure Checks with EMT 10:30